

Required Concussion Testing Information

Concussions are a common injury in teenagers and the consequences of not recognizing them or not managing them adequately are becoming increasingly clear. This year WMA will be expanding our Concussion Management Program.

- Students **and** parents should take an online Concussion Education Program before the start of school
- Students will be required to attend a presentation on concussions at school
- All 9-PG students must complete the ImPACT (Immediate Post-Concussion Assessment and Cognitive Test) online

Concussion Education: Understanding what a concussion is and how to recognize it is the foundation of any Concussion Management Program. This is important for both parents and students. Two excellent courses are available online. Please take either of the courses listed below:

- NFHS Course: <https://www.nfhslearn.com/Registration.aspx>
--Fill out the registration form and continue following all directions
- Centers for Disease Control Course:
<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>
--Click the arrow to start

ImPACT: WMA has been using ImPACT for the past two years to help evaluate concussion injuries. Previously we focused our attention on athletes but because we have seen an increased number of concussions in non-athletes and because a concussion can occur just about anywhere, we expanded our testing to include all upper school students.

ImPACT is a computerized concussion evaluation system. This type of concussion assessment can help objectively evaluate the concussed student after the injury and track recovery for safe return to activity, thus preventing the cumulative effects of concussion. It also aids in determining if academic accommodations are needed following an injury.

WMA is requiring all 9-PG students who have not taken the test within the last two years to complete the Baseline ImPACT online. By completing this test WMA will be provided with baseline data that will be used to compare post-injury scores if a student sustains a concussion.

Students unable to complete the test can contact the Athletic Trainer on their return to school for assistance. Thank you in advance for your participation in this program.

ImPACT Testing Instructions

To log in and take the test:

1. Visit the ImPACT website: www.impacttestonline.com/schools/
2. Select “Massachusetts” as the “Organization”
3. Click “Launch Baseline Test”
4. Enter Customer ID Code exactly as follows: B5FBACD2CA
5. Click “Launch Baseline Test”
6. Select the appropriate language
7. At the “Supervised Testing Environments” screen click “OK”
8. Read and follow the instructions carefully and click “Next”
9. Continue to answer all questions and fill out all demographic information on each page until you get to the beginning of the test.
10. Read all the instructions for every test carefully. When you complete each module continue to the next. Read all the instructions for each module well. When you have completed the whole test, ImPACT will let you know and you can close out of the program. The data will be saved and accessible to the Athletic Training staff at Wilbraham & Monson Academy.

Some test-taking guidelines to remember:

1. Your computer must have a mouse and be plugged in. (Do not take the test with your computer running on the battery.)
2. The test environment should be quiet and distraction free – no music, cell phones or other electronic devices while you are taking the test.
3. You must complete the test within 45 minutes or the test will be invalid and you will have to re-take the test.
4. Please make sure you read all the instructions very carefully for each section of the test.

If you have any difficulties or problems contact Erika Whipple ewhipple@wma.us.